Help keep our pool water healthy and safe

Showering before you swim maintains the pool water quality and prevents the spread of illnesses.

Why shower before swimming?

- **Reduced risk of illness:** Showering helps prevent the spread of waterborne illnesses like swimmer's ear, skin infections and diarrhea.

- **Improves hygiene and cleanliness:** Showering removes dirt, sweat, lotions, sunscreen and other substances that can contaminate the pool water, potentially leading to unpleasant smells and health issues.

- **Reduces chloramine formation:** Sweat reacts with chlorine to form chloramine, which can cause skin irritation and itchiness, especially in those with eczema. Showering reduces the amount of sweat that reacts with chlorine.

Go take a shower!

Even a quick shower removes contaminants. Thoroughly wash your body with soap and water to remove any dirt, sweat or lotions.

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